STATION	Sun	Mon	Tue	Wed	Thu	Fri	Sat
OF COLLEGE STA	Hot meals serve	Hot meals served daily at 11a.m. (60+ & completed client intake form) Southwood Community Center Programs are on the reverse side  Class Fee  Special Event  Meeting  Closure / Holiday		SPRING GUIDE IS NOW AVAILABLE Pick up a copy at the following locations: Stephen C. Beachy Central Park, Southwood Community Center or Lincoln Recreation Center. The Spring Guide includes Information about every Parks and Recreation activity and program from January through April.		1 9:00a Blood Pressure Check 10:00a Chair Exercise & Line Dancing 9:30a - 12:30p Game Day	2
CITY	3	4 9:30a Lets Walk	9:00a Breakfast provided by Bluebonnet House 9:30a Lets Walk 10:00a Heart Health — Presentation by the Brazos County Health Department	9:00a Computer Club for Seniors, Mainting your PC — Carter Creek Training Room 9:30a Sit Down & Tone Up 10:00a Craft Day — Community Giveaway	9:15a Bible Study & Singing 11:00a Monthly Lunch Out	9:30a Community Game Day 10:00a Sit & Stretch 9:30a - 12:30p Game Day	9
013	10	11 9:30a Chair Exercise	Senior Day at the Capitol 9:30a Chair Exercise 10:00a Improving the Brain Health — Interim Healthcare	9:30a Lets Walk 10:00a Craft Day — Recipe Book	9:15a Bible Study 10:30a Valentine's Day Celebration	9:00a Lets Walk 10:00a Chair Exercise 9:30a Community Game Day	16
JARY 2	17	18 9:30a Lets Walk	9:30a Lets Walk 10:00a Heart Healthy Recipe— Texas AgriLife	9:30a Lets Walk 10:00a Craft Day — Recipe Book 11:30a Exploring History Lunch Lecture: Wayne Sadberry, Brazos Valley African American History Museum — Aldersgate United Methodist	<ul> <li>21</li> <li>9:15a Bible Study</li> <li>10:15a Documentary film "Consider the Conversation"  — Hospice Brazos Valley</li> <li>11:00a - 1:30p Annual Soul Food Luncheon</li> </ul>	9:30a Games & Walking 10:00a Chair Exercise 11:00a Birthday Lunch	23
EBRU	24	25 10:00a Sr. Advisory Committee Meeting — Southwood Community Center	26 9:30a Lets Walk 10:00a Preventative Measures for Seasonal Diseases— Guardian Healthcare	9:30a Sit Down & Tone-Up 10:00a Craft Day — Recipe Book	28 9:15a Bible Study 11:30a—1p Red Dress Day — Bluebonnet House, lunch provided 6:30p Civil War Display & War Reenactment — African American History Museum	2013 Black Histor "At the Crossroads of	ACK IISTORY AONTH ry month these is Freedom and Equality: nd Shaping our Future."

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Recreation Center Program  Class Fee Spe	JNITY CENTER as are on the reverse side cial Event sure / Holiday	SPRING GUIDE IS NOW AVAILABLE  Pick up a copy at the following locations: Stephen C.  Beachy Central Park, Southwood Community Center or  Lincoln Recreation Center. The Spring Guide includes information about every Parks and Recreation activity and program from January through April.		1 9:00a Bridge 10:00a Line Dancing 12:00p Game Day 1:00p Fit & Be Strong	2
3	4 9:00a Computer 101 Class 9:30a Bridge Class 10:45a Computer 102 Class 1:00p Fit & Be Strong 1:00p Spanish Class	9:30a Zumba Class 12:00p Sit & Fit 1:30p Line Dancing 1:30p Bluegrass Jam Session	6 9:00a Computer Club for Seniors, Maintaining your PC — Carter Creek Training Room 9:00a Computer 101 Class 10:45a Computer 102 Class 1:00p Fit & Be Strong 1:00p Spanish Class	9:00a Computer 101 Class 9:30a 42 Dominoes 10:45a Computer 102 Class 12:00p Sit & Fit 2:00p Photography Class	9:00a Bridge 10:00a Line Dancing 1:00p Fit & Be Strong	9
RSVP due Monday for Valentine's Day Tea on Feb. 14 979.764.6351 or mrodgers@cstx.gov	9:00a Internet Class 9:30a Bridge Class 10:45a E-Mail Class 1:00p Fit & Be Strong 1:00p Spanish Class	9:30a Program Sub Committee Meeting  9:30a Zumba Class  12:00p Sit & Fit  1:30p Line Dancing  1:30p Bluegrass Jam Session	9:00a Internet Class 10:00a Health Talks — Questions & Answers on "Strength & Exercise" 10:45a E-Mail Class 1:00p Fit & Be Strong 1:00p Spanish Class	9:30a Zumba Class 9:30a 42 Dominoes  1:30p Valentine's Day Tea & Vintage Fashion Show by "Classic Consignments"  2:00p Photography Class	9:00a Bridge 10:00a Line Dancing 1:00p Fit & Be Strong RSVP due for Exploring History Lunch Lecture 979.764.6351 or mrodgers@cstx.gov	16
17	9:30a Computer Tips Class 9:30a Bridge Class 1:00p Fit & Be Strong 1:00p Spanish Class	9:30a Zumba Class 10:00a AARP Driver Safety Course — \$12 for AARP members & \$14 for non- members. Call 979.764.6351 to register. 12:00p Sit & Fit 1:30p Line Dancing	9:00a Computer Tips Class 9:30a Genealogy Computer User Group — How find records & other info 11:30a Exploring History Lunch Lecture: Wayne Sadberry, Brazos Valley African American History Museum— Aldersgate United Methodist 1:00p Fit & Be Strong 1:00p Spanish Class	21 9:30a Zumba Class 9:30a 42 Dominoes 11:00a - 1:30p Annual Soul Food Luncheon — Lincoln Recreation Center 12:00p Sit & Fit 1:00p Beauty Tips with Guardian Health Care 2:00p Photography Class	9:00a Bridge 10:00a Line Dancing 1:00p Fit & Be Strong 1:00p BINGO & Birthday Celebration 1:00p Fit & Be Strong	23
24	25 9:30a Bridge Class 10:00a Sr. Advisory Committee Meeting 12:00p Game Day 1:00p Spanish Class	26 9:30a Zumba Class  12:00p Sit & Fit  1:30p Line Dancing  1:30p Bluegrass Jam Session	27 12:00p Game Day 1:00p Spanish Class	28 9:30a Zumba Class 9:30a 42 Dominoes 1:00p Movie & Popcorn — "The Vow" 2:00p Photography Class		1

Senior Services | Southwood Community Center | 1520 Rock Prairie Rd. | College Station, TX 77845 | 979.764.6351 | cstx.gov/seniors